



9401 Frederick Road  
Ellicott City, MD 21042  
410-313-1425



November 2017

Hours:  
Monday – Thursday 10am – 2pm  
Friday 10am – 1pm

Felicia Stein, Director; [fstein@howardcountymd.gov](mailto:fstein@howardcountymd.gov)  
Joyce Nagel-Mortell, Assistant Director; [jnagel@howardcountymd.gov](mailto:jnagel@howardcountymd.gov)

Monday	Tuesday	Wednesday	Thursday	Friday
		10:00 Coffee Talk 10:30 November Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Art with a Purpose 1:00 Paws4Comfort <b>1</b>	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:45 Gobble Gobble Turkeys 1:15 Paws4Comfort <b>2</b>	10:00 Coffee Talk 11:00 Fall Baking 12:00 BBQ Lunch 12:30 Horse Racing (Hours 10:00 – 1:00) <b>3</b>
10:00 Coffee Talk 10:30 Fall Trivia 11:00 Seated Yoga 12:00 Lunch 12:45 Fall Trees 12:45 Paws4Comfort <b>6</b>	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:30 BINGO <b>7</b>	10:00 Coffee Talk 10:30 Board Games 11:00 Seated Exercise 12:00 Lunch 12:45 Music with Ed 1:00 Paws4Comfort <b>8</b>	10:00 Coffee Talk 10:30 Cranium Crunch 11:00 Seated Exercise 12:00 Lunch 12:45 OT Program 1:15 Paws4Comfort <b>9</b>	<b>Center Closed</b>  <b>In observance of Veterans Day</b>  <b>10</b>
10:00 Coffee Talk 10:30 Cranium Crunch 11:00 Seated Yoga 12:00 Lunch 12:45 Veterans Day Program 12:45 Paws4Comfort <b>13</b>	10:00 Coffee Talk 10:30 Pickle Trivia 11:00 Seated Exercise 12:00 Lunch 12:30 Country Rock (George and Friends) 1:30 Paws4Comfort <b>14</b>	<b>Program and Holiday Lunch at Ten Oaks Ballroom</b> <b>THANKSGIVING CELEBRATION!</b> <i>THE Living Thanks</i> LUNCHEON and DANCE <b>15</b>	10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Exercise 12:00 Lunch 12:45 Jeopardy 1:15 Paws4Comfort <b>16</b>	<b>Bowling and Lunch at Normandy Bowling Alley</b> <b>(410) 465-0355</b> (Hours 10:00 – 1:00) <b>17</b>
10:00 Coffee Talk 10:30 Royal Trivia 11:00 Seated Yoga 12:00 Lunch 12:45 Price is Right 12:45 Paws4Comfort <b>20</b>	10:00 Coffee Talk 10:30 Cranium Crunch 11:00 Seated Exercise 12:00 Lunch 12:30 Pet Rock <b>21</b>	10:00 Coffee Talk 10:30 Turkey Trivia 11:00 Seated Exercise 12:00 Lunch 12:30 Turkey BINGO 1:00 Paws4Comfort <b>22</b>	<b>CENTER CLOSED</b> <b>HAPPY</b> <b>THANKSGIVING</b> <b>23</b>	<b>CENTER CLOSED</b> <b>HAPPY</b> <b>THANKSGIVING</b> <b>24</b>
10:00 Coffee Talk 10:30 Brain Games 11:00 Seated Yoga 12:00 Lunch 12:45 Music with Peter 12:45 Paws4Comfort <b>27</b>	10:00 Coffee Talk 10:30 Cookbook Trivia 11:00 Seated Exercise 12:00 Lunch 12:45 Finish the Line 1:30 Paws4Comfort <b>28</b>	<b>Program, Lunch and Birthday Celebration at Bob Evans</b> <b>8325 Benson Drive</b> <b>Columbia MD 21045</b> (Hours 10:00 – 2:00) <b>29</b>	<b>Aquatic Wellness, Art, Music (Tom) and Lunch at Roger Carter Center</b> <b>3000 Milltowne Drive</b> <b>Ellicott City, MD</b> (Hours 10:00 – 2:00) <b>30</b>	

# Caregiver's Corner

## Food Policy

### WHAT WE PROVIDE

The Connections Social Day Program at Ellicott City serves a morning snack and nutritious lunch. The morning snack is not intended to replace breakfast. Lunch is approved by a registered dietician and delivered daily by a licensed caterer. Members arriving after 10:30 will not receive a morning snack. Members leaving before 12:00, or arriving after 12:30, will not receive lunch. If a member does not care for the protein item on the menu, the center will offer peanut butter. For your convenience, the lunch menu is posted in the Connections Social Day Program room and is attached to the monthly calendar.

### SPECIAL DIETARY NEEDS

If a member has a food allergy or is on a special diet, a letter about the allergies or special diet must be provided to the Director. Members who require a vegetarian diet can request one be provided by the approved caterer. If you are concerned about food allergies or have special dietary needs, a lunch may be sent in with the member. We are unable to refrigerate or microwave outside food, however. Please send all food in an insulated bag with an ice pack and label the bag with the member's name.

### Let's Celebrate our November Birthdays!

**This month we would like to wish a very happy birthday to Alberta, Ross, Lloyd and Erv!**

**We will be celebrating our November birthdays on Wednesday, November 29<sup>th</sup> at Bob Evans!**

**A big thank you to Gary Pon for the delicious cakes he bakes for our monthly birthday celebrations.**

**Thank you to HoneyBaked Ham for their continuous support of our program.**

### IMPORTANT DATES TO PUT ON YOUR CALENDAR

**Connections Social Day Program CLOSED – Friday, November 10<sup>th</sup> for the Veterans Day Holiday**

**Program, Lunch and Birthday Celebration at Bob Evans Restaurant on Wednesday, November 29<sup>th</sup>**

**Silver Dolphin Aquatic Wellness Program at Roger Carter Center on**

**Thursday, November 30<sup>th</sup> from 10:00 – 2:00**

**(Please remember to bring your bathing suit or swim trunks, towel and water shoes.)**

### Inclement Weather Policy:

**When Howard County Schools are closed or delayed two hours due to inclement weather, the Connections Social Day Program at Ellicott City will be closed. If the schools are delayed by one hour, the center is open. When the schools have a scheduled day off, please tune to WBAL-TV for possible weather-related closures of the center or call the Inclement Weather Line at 410-313-7777. Contact the center at 410-313-1425 to hear a recorded message regarding center operations.**